

Powell Wellness Center Combined Fitness Schedule October 2020

NEW HOURS starting 10/5: Monday – Thursday, 5:30am – 8:00pm; Friday, 8:00am – 7:00pm; Saturday – Sunday, 8:00am – 3:00pm

● **Reminders: Registration is rolling and each class will open at midnight 7 days in advance.**

● There is no admittance to group exercise class 5 minutes after the class has started.

● Please pre-register for classes by logging in via your member portal online, email info@culpeperwellness.org or calling 540.445.5398.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am Step, Core & More Lou Ellen	8:00am Chi Qigong & Meditation Thunder	9:00am Aqua Blaze Amy	8:00am 3rd Thursday Wheels & Weights Amy & Sharon	8:30am Step, Core & More Lou Ellen	9:00am P90X® Christine
9:00am Spin Sarah	9:00am Tabata Christine	10:00am Pilates (in spin studio) Alyssa	9:00am Retro Aerobics Kelly	9:00am Spin Amy	9:00am Spin Megan
9:00am Aqua Blaze Amy	9:00am STEP Amy	10:00am Spin Amy	9:00am River Moves Amy	10:00am Water Gym Sharon	
10:00am Retro Aerobics Kelly	9:00am Zumba® Kaori	10:30am (new time) *Aqua Axis Sarah	9:00am Cardio Christine	11:00am Arthritis Mobility Essentials Sharon	
10:30am (new time) *Aqua Axis Sarah	9:00am Reformer Alyssa	11:00am Beginners Yoga Annette	10:00am Retro Aerobics Kelly	11:00am Yoga 1 Annette	
11:00am Seated Yoga Annette	10:00am AXIS Sarah	12:30pm 3 Mile Walk Sharon	10:00am AXIS Sarah	12:30pm Functionally Fit Sharon	
12:30pm 3 Mile Walk Sharon	11:00am Senior Strength Sarah	4:30pm STEP Sharon	11:00am Senior Strength Sarah		
4:30pm Functionally Fit Sharon	11:00am Liquid Silver Sharon	5:30pm SGPT Sarah	11:00am Liquid Silver Sharon		
5:30pm SGPT Sarah	12:30pm Senior Strength Sarah	5:30pm Spin (in spin studio) Mary Ellen	12:30pm Senior Strength Sarah		
5:30pm (10/12) *Bata Bing Sharon	2:00pm (10/6) *Upper Body Strong Amy	5:30pm (10/14) *Water Gym Sharon	4:30pm Powerball Sharon		
6:30pm 1-2-3 Fit Express Katie	4:30pm Body Pump™ Demetria	6:30pm Gentle Yoga & Meditation Joyce	5:30pm Gentle Yoga & Meditation Amy		
	5:30pm Zumba® Kelly		5:30pm (10/15) *Body Strong Amy		
	5:30pm (10/13) *River Runners Amy				
	6:30pm Reformer Alyssa				

**SMALL GROUP
PERSONAL TRAINING**

Participants must sign up and pay in advance.

Details: Whitney Propps,
540.445.5388
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KEY

■ Group Fitness Studio (GPX)

■ GPX & ZOOM online class

■ ZOOM online class

■ Outside class

■ Aquatic class

■ Fee-based class

* see reverse

Combined Fitness Class Descriptions

Group Fitness

1-2-3 Fit Express: This 30 minute class features cardio, strength and core moves of varying difficulty to deliver a rewarding fitness challenge!

3 Mile Walk: A great low impact workout in 45 minutes! Constant movement will ensure lots of steps that add up to 3 miles in this high energy cardio class! For all fitness levels.

Arthritis Mobility Essentials: This class is for anyone with arthritis and all activity levels. We'll start with a beginning joint check and warm up, then work on stretching and range of motion, followed by strengthening, cardiovascular endurance and balance and coordination. Class wraps up with a joint check and relaxation and breathing techniques.

AXIS: 30-minute core workout. Designed to fill the gap between your cardio and strength workouts with a focus on your foundation – the core. AXIS creates stability from the axis, or middle of your body, which is the basis of all movement, then layers on mobility, strength and finally, power.

Beginners' Yoga: Learn the fundamental poses of yoga as you build strength, increase flexibility, and find focus. This challenging and dynamic class will invigorate the entire body through breath and movement. Ideal for anyone new to yoga.

BODYPUMP™: The original 60-minute barbell-based class that strengthens and tones the entire body. Burn maximum calories while having a blast with an upbeat soundtrack. (Xpress is 30 to 45 minutes.)

Chi Qi Gong & Meditation: The ancient Chinese practice of qi gong combines slow deliberate movements, meditation and breathing exercises, all done from a standing position.

Cycling: Saddle up for a great workout to increase muscular strength and cardiovascular endurance without heavy impact on the joints. Cycling strengthens legs and improves heart and lung function. A motivating soundtrack helps you tackle hills, flats, sprints and mountains. Cycling classes are offered in 30 and 50 minute formats.

FUNctionally Fit: This is a FUNctional workout with everything! Cardio moves that are fun and easy to do, strengthening, core work, balance and flexibility support. Functional workouts help train your body for the activities you perform in everyday life!

Gentle Yoga and Meditation: Learn to let go of stress and tension that can create pain and irritation in the body and mind, while increasing flexibility and focus. This class combines gentle postures with easy movement, breathwork and guided meditation. A blanket or covering is recommended for comfort.

Pilates: Focus on strengthening the core, abs, and lower back. Increase flexibility, range of motion, balance, and coordination. TheraBalls, Dynabands, and Power Rings vary and complement this workout.

Pilates Reformer: A fee-based group class that can take your training to the next level. Increase core and muscular strength, overall flexibility, balance, and coordination while creating long, lean musculature, utilizing spring resistance on the Reformer Bed equipment.

Powerball: Use a stability ball for a great cardio workout and to improve strength, balance, core and so much more! Come in and win the fitness lottery with Powerball! No prior stability ball experience necessary.

Retro Aerobics: 30 minutes of low impact cardio activity, 20 minutes of strength exercises (abdominals included), and 10 minute of stretching.

Seated Yoga: Smooth gentle movements while seated. Strengthen the immune system while improving balance and stamina, and increasing flexibility with gentle yoga movements.

Senior Strength: This class includes exercises to improve muscular strength and ward off age-related muscle loss as well as keep bones strong, improve mobility, prevent falls, and combat depression. Seated and standing exercises included. Open to all levels. Modifications offered.

Step: Step is a great all-around exercise that can be modified to create an intense workout for all levels, whether you have just started to exercise or have been training for years.

Yoga 1: Increase muscular strength, endurance, and overall flexibility, while learning relaxation techniques utilizing Hatha, Iyengar, and YogaFit postures. **Yoga 1** refines the basics learned in Beginners' Yoga.

Zumba ®: This class fuses upbeat rhythms and music with easy-to-follow dance-style moves to create a fun, engaging, and dynamic workout.

Aquatics

Aqua Blaze: A grab bag of interval training and tabata workouts in the river with surprise suspended moves tossed in, making your body a calorie burning machine after class. (class participation: 10)

Aqua Axis: Focus on your foundation! AXIS creates stability from the axis, or middle of your body, which is the basis of all movement. Work in the river on stabilizing, mobility, balance and coordination. For all levels of fitness. Modifications offered. (class participation: 10); **new time change to 10:30am.**

***Bata Bing:** Is a shallow water TABATA workout in the lap lanes! This high energy HITT program is six rounds of FUN! The intense workout is perfect for all fitness levels. Water shoes are suggested and webbed gloves would enhance your workout, but are not required. (class participation: 6); **starting 10/12**

***Body Strong:** For moderate to higher fitness levels. This class in the river rotates to focus on primarily upper body and core strength or lower body and core strength to develop overall tone and strength. Water shoes strongly encouraged. (class participation: 10); **starting 10/15**

Family Swim: Register via member portal. Pool, pods and river available. Equipment not available. Bring towels and life jackets, limited supply available. (6 families)

Liquid Silver: This class in the river will cover functional fitness with cardio, strength, balance and stretching! No equipment needed. This class moves to your beat! (class participation: 10)

River Moves: - A great introduction to water classes and the river. This class is an "at your own pace" low impact experience. You will learn ways to walk, leap and bound through the water to increase strength and cardio endurance. (class participation: 10)

***River Runners:** For participants who work out at a higher fitness level. Class designed to increase your agility, speed and endurance through various running drills in the river. Water shoes REQUIRED. (class participation: 10); **starting 10/13**

Step: Aquatic step in the lap lanes adds a new challenge to every movement. Step in the water incorporates large dynamic moves that will both improve your cardiovascular endurance levels and muscle strength. The water provides the perfect safe environment for a fun, low impact class that takes your fitness to the next level. (class participation: 6)

***Upper Body Strong:** This class in the river is designed to boost muscle strength and endurance in your arms, back, chest and shoulders and improve core strength. Burn calories, reduce your risk of injury and build stronger bones (class participation: 10); **starting 10/6**

***Water Gym:** A gym-style circuit workout in the river working your upper body, lower body and core. Total body training in one workout – take the plunge into Water Gym! (class participation: 10); **starting 10/14**